Wednesday's Jackpot
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DECEMBER DIP
TORONTO HOUSING MARKET TO FLATTEN: ECONOMIST {page 7}

A BODY LIKE BECKINSALE'S UNDERWORLD TRAINER SHARES WORKOUT TIPS {pages 17-19}

TORONTO
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Tuesday, January 17, 2012
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News worth sharing.

PFLAG. Honours

▶ Toronto Maple Leafs general manager Brian Burke greets Sgt. Jim Patterson of the honour guard at the Toronto PFLAG's Ally Award event at the Ed Mirvish Theatre on Monday. Patterson is riding a horse donated to the police force by Burke and given the name Moose — the nickname Burke had for his gay son who died two years ago.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Burke recognized for anti-homophobia work

PFLAG, which stands for Parents, Families and Friends of Lesbians and Gays, is a charity that provides outreach to the LGBTQ community. CBC's Ron MacLean and Rick Mercer were also at the reception, where Burke received the Ally Award for adding his voice to Toronto PFLAG's work on the ongoing struggle to stop homophobia and bullying.

York cuts striking drivers

After 30 days of no progress with union, York Region cancels contract with operator

Residents of York Region could see some striking bus service back in operation by Feb. 5 after the region's Monday announcement that it has cancelled its contract with First Canada.

Drivers for the company affiliated with the Amalgamated Transit Union walked off the job in late October, along with some from two other companies that together provide about 40 per cent of the region's bus service.

"What it means is service will resume," said Rick Leary, general manager of York Region Transit.

While full service won't be restored all at once, Leary said the region is in talks with another operator to take over First Canada's routes and a contract will be placed before council for approval on Jan. 26. He would not name the company.

Route 98, the bus that travels Yonge Street between Newmarket and Richmond Hill, should be back in service by Feb. 5, he said.

The region also said Monday that it had given the two other contractors, Miller Transit and Veolia Transportation, until Friday to disclose what they're doing to end their disputes with employees and get back to work.

TORSTAR NEWS SERVICE

'Bullying tactics'

▶ Bob Kinnear, president of the Amalgamated Transit Union Local 113, which represents about 200 striking Veolia employees, accused the municipality of "bullying tactics."

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Brotherly. Laugh

▶ Toronto Mayor Rob Ford is seen rubbing his belly Monday outside his office at city hall during the weigh-in as part of the Cut the Waist Challenge that he is taking part in with his brother, Coun. Doug Ford, left.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Mayor Rob Ford plans to lose 105 pounds in challenge

Before Doug Ford stepped on the industrial scale borrowed from the family's labels company, Rob Ford insisted on patting him down for hidden heavy objects that would falsely increase his measured weight and thus make it easier for him to win their pounds-lost competition. Later, in what is likely a city hall first, the mayor himself submitted to a thorough hands-against-the-wall frisking. Rob Ford said he plans to walk more, jog, hit the gym and cut out the late-night ice cream he loves. Eventually, he said, he wants to lose 105 pounds.

Councillors work to halt cuts

Budget issue intensified on Monday as emails came in from mostly cut-averse constituents Proposed plan would lead to cuts to pools, homeless shelters, TTC routes

A loose-knit coalition of councillors of all political stripes will start this week's budget battle trying to halt many of Mayor Rob Ford's most contentious cuts.

Left-wing, centre and some right-wing councillors worked together furiously in recent days in cut-specific groups — those trying to head off the imminent closing of homeless shelters, for example — through shared online documents, BlackBerry messages and meetings in and out of city hall.

Kristyn Wong-Tam said the "left and centre came together and decided council should lead the city, not the mayor.... Even right-wing councillors are rethinking some of the extreme cuts they know in their hearts are not best for the city."

Wong-Tam was cautiously optimistic most of the motions would garner the necessary 23 votes to pass, even as Ford's staff stalked councillors' offices on the second floor of city hall, trying desperately to ensure they don't.

The political potboiler bubbled on Monday: emails poured in from mostly cut-averse constituents, working groups conspired, Ford invited select councillors to his office and several members of his staff tried to cajole anyone on the fence.

TORSTAR NEWS SERVICE

For more local news, visit metronews.ca/toronto

Proposed budget

▶ The proposed operating budget passed by Rob Ford's executive last week would cut Toronto's gross spending through a mix of belt-tightening and almost 1,200 layoffs.

1 news

Goofy motion-control and battery packs for the electricity-challenged are among the weirder gadgets from CES.
Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Stephen Colbert's Super PAC airs a new ad targeting Mitt Romney. Of course, Colbert had 'nothing' to do with it. Watch at metronews.ca/video.

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City's new offer

Senior union members could keep job security

With the clock about to start ticking down to a February lockout or strike of Toronto's municipal workers, the Ford administration has given some ground on job security to try to get a negotiated settlement.

The administration said Monday that CUPE Local 416 members with 25 years or more service could keep their ironclad job security provisions if all other workers give up the protection.

The city also offered "modest one-time lump sum wage payments," in return for a deal that would run four years instead of three. TORSTAR NEWS SERVICE

▶ The Citytv street team distributes Metro newspapers at Union Station Monday to promote the premiere of new series Alcatraz.

DARREN GOLDSTEIN/FOR METRO

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Mom recalls last night she saw her daughter

HANDOUT

▶ Karina Neff

The mother of a mentally challenged woman who was found dead in a park near their Mississauga home in July 2008 sobbed in court Monday as she described the moment she knew Karina Neff was in danger.

Ann Neff said her daughter left to walk a friend home at about 10 p.m. on that July 21 evening. Karina, though 31, had the mental capacity of a 13-year-old. When she hadn't returned by 11, Neff called the phone number of the friend.

When he passed the phone to Jason Osborne, who stands accused of her murder, Ann Neff asked: "Where's my Karina? Where's my Karina? And he hung up on me," she testified in the Brampton courtroom. "He said nothing but hello. I went into shock," she said, weeping on the stand.

Karina Neff's body was found the next afternoon in Windy Hollow Park. She had been beaten and died of suffocation.

Ann Neff was the first witness called during the first-degree murder trial of Osborne, who had had an off-again, on-again relationship with Karina, court heard.

Crown prosecutor Alexander Cornelius told the jury in his opening address that Osborne was abusive toward Karina, pulling her hair and often slamming her to the ground.

"He was jealously possessive," Cornelius said. TORSTAR NEWS SERVICE

Grits not ruling out Toronto casino

Finance Minister Dwight Duncan says the cash-strapped provincial government may try its luck with a Toronto casino.

Softening traditional opposition to a gambling house here, Duncan said Monday that he would await an upcoming Ontario Lottery and Gaming Corporation study on "land-based gaming" before committing to anything.

Gaming place?

OLG officials have mused about pitching Ontario Place, the under-utilized lakeside park, as a possible casino venue, but senior government officials remain worried that would only steal customers from gambling operations at Niagara Falls and Rama as well as Woodbine and other slot-machine sites.

"They're looking at every aspect — not just the casinos, they're looking at the lotteries … they're moving on Internet gaming," the treasurer said. TORSTAR NEWS SERVICE

Mississauga a beacon for transit?

Boost in service part of long-term plan to become more transit-friendly

Mississauga Transit is preparing a modest bump in weekday bus service as part of the city's quest to transform itself from a place of unsustainable sprawl to a more transit-oriented centre.

Unlike the TTC, which raised fares by 10 cents this month and plans to cut service on dozens of routes, Mississauga is adding 1.5 per cent more service this year, for a total of 20,190 more hours on the road than in 2011.

Although the city budget won't be final until next month, Mississauga has already approved a $7-million transit hike over last year's $132-million operating budget. That goes along with a 25-cent fare increase that pushes an adult cash fare to $3.25 at the end of this month.

But in a year when the city is contemplating service cuts and a 7.4 per cent increase in property taxes, even a minor boost to buses is a victory for transit.

Transit director Geoff Marinoff says Mississauga has taken the difficult decision of rationalizing some weekend services and, like Toronto, assigned priority to weekday rush-hour runs.

The reductions are an acknowledgement that, in a community with 1.7 cars on average per household, people simply aren't going to lug a hockey bag on the bus if they can drive to the arena.

As a result, the city is taking a longer view to investing in transit, focusing on students, who represent 15 per cent of Mississauga bus riders. A freeze on student fares has paid off in a 36 per cent increase in student passes sold last year.

The new Mississauga MiWay brand of blue-and-orange buses has also raised the system's profile, Marinoff said. TORSTAR NEWS SERVICE

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Mississauga Transit is focusing on students and younger riders like Amanda Ramirez, seen here hopping off a city bus at Clarkson GO Station in June.

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– Alex Strachan, Postmedia News
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It's a battle-of-the-bulge throwdown

Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday morning as he called on fellow North American mayors — some of whom are rather svelte — to join him in a six-month weight-loss campaign

Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary Mayor Naheed Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel to join him.

Dubbed the Cut The Waist Challenge, the campaign aims to encourage the public to embrace a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

"Mayor Bloomberg exercises daily and very avidly watches what he eats — two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle wherever he goes, may not have much to lose either.

Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays. "It's the heaviest I've ever been," the mayor said. "I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

The mayor said his weight-loss plan will be based on "common sense" — more exercise and less food. THE CANADIAN PRESS

Metro challenge

Metro staff are responding to the mayor's Cut The Waist Challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months. See where they are next week!

RYAN TAPLIN/METRO HALIFAX

Peter Kelly

Halifax Mayor Peter Kelly, at five-foot-11, is roughly half the weight of Toronto Mayor Rob Ford. "Since, over the past few years, I've already lost over 30 pounds, I don't need to lose any more, and if I did you wouldn't be able to see me," Kelly said. Kelly politely declined the personal challenge, but said he would accept a community challenge. METRO HALIFAX

HENNY RAY ABRAMS/THE ASSOCIATED PRESS

Michael Bloomberg

New York City's trim mayor Michael Bloomberg politely declined the challenge. But that doesn't mean he won't stop pestering his fellow New Yorkers to drop some pounds. Bloomberg is continuing his public-health campaigns, warning about the dangers of sugar, salt and too much alcohol. And just last week Bloomberg unveiled a subway ad blitz about portion control. THE CANADIAN PRESS

CONTRIBUTED

Naheed Nenshi

Calgary Mayor Naheed Nenshi was hesitant to commit to Ford's challenge, but a spokesperson said he's considering it. Nenshi has said previously that he's committed to health initiatives and is participating in a fitness challenge with staff. METRO CALGARY

▶ In a statement Monday, Vancouver Mayor Gregor Robertson said he was "very supportive of efforts by other mayors to take a leadership role in promoting healthy lifestyles." For exercise, Robertson plays soccer and bikes to and from meetings.

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House prices dip, but still no crash in sight: Report

Debt-laden buyers curbing their appetite for mortgages Flat sales, prices could be good thing: Expert

Toronto house sales are slowing, but economists are not predicting a crash in the real-estate market.

The latest statistics from the Canadian Real Estate Association, released Monday, show that Toronto house prices dipped about 2.4 per cent in December over November, putting the average house at $466,540 when adjusted for seasonal fluctuations. Even with that slight decline, Toronto house prices were up in December by four per cent, year over year, CREA notes.

Buyers are becoming "increasingly cautious," but house sales are expected to continue making a "significant contribution to Canadian economic activity" this year, CREA says.

Economists believe the "distinct signs of moderation" in late 2011 suggest that Toronto is headed not so much for a fall, but a cooling-off.

"We look for both sales and prices to be roughly flat this year," said BMO deputy chief economist Douglas Porter. "That could be just what the policy doctor ordered, allowing incomes to catch up to higher prices."

TORSTAR NEWS SERVICE

National average

- **The average Canadian** house price was $358,480 in December when adjusted for seasonal fluctuations, up by less than one per cent from a year ago.
- **That was the smallest** increase since October 2010.

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Toronto house prices dipped by 2.4 per cent in December over November, putting the average price at $466,540.

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COLIN PERKEL/THE CANADIAN PRESS

▶ Rodney Stafford, father of slain eight-year-old Tori Stafford, leaves court in London, Ont., on Monday.

Dad seeks justice in court

Pre-trial motions in Tori Stafford case could take as long as four weeks

The father of a slain eight-year-old girl says he hopes to be in court for "every word" of her accused killer's case, which got underway Monday with pre-trial motions.

Outside Ontario Superior Court in London, Rodney Stafford said his family is feeling "a lot of hostility, a lot of hate" toward Michael Rafferty.

Rafferty, 30, is accused in the death of Tori Stafford of Woodstock, Ont., who disappeared on her way home from school in April 2009. Her body was found months later.

"On a daily basis, you're seeing pictures of Victoria, you're talking about her on a daily basis — you can't help but not let her go," said Stafford.

"I want to see justice for everybody."

THE CANADIAN PRESS

BOUNDLESS

INEQUITY

"INCOMING GRADUATE STUDENTS RECEIVE LESS IN RESEARCH FUNDING THAN THOSE WHO ENTERED THE YEAR BEFORE. FUNDING THAT ONCE ALLOWED US TO COMPLETE OUR DISSERTATIONS ON TIME IS BEING TAKEN AWAY."

MEMBER: ELLEN DYER

EXPLOITATION

MEMBER: JAMES NUGENT

"WHEN I BEGAN MY PHD, GRADUATE STUDENTS RECEIVED SMALL GRANTS SUPPORTING OUR DISSERTATION RESEARCH. I'VE SEEN THESE GRANTS CONVERTED INTO HUNDREDS OF HOURS OF MAKE-WORK PROJECTS UNRELATED TO OUR RESEARCH. HOW CAN I FINISH MY DEGREE WHEN I NOW MUST DO THE WORK OF OTHERS?"

DISCRIMINATION

"INTERNATIONAL STUDENTS ARE PART OF WHAT MAKES THE UNIVERSITY OF TORONTO A WORLD-CLASS INSTITUTION. WHY IS IT, THEN, THAT WE ARE TREATED DIFFERENTLY ONCE WE ARRIVE?"

MEMBER: MICHELLE MAJEED

INFLATION

"TORONTO IS THE MOST EXPENSIVE CITY IN CANADA IN WHICH TO LIVE. STUDENTS SHOULDN'T HAVE TO DECIDE BETWEEN TEXTBOOKS AND RENT: WE NEED OUR FUNDING AND WAGES TO KEEP PACE WITH INFLATION."

MEMBER: LANNA JIN

DECEPTION

"THE PROMISE OF FINANCIAL SUPPORT FOR UPPER-YEAR STUDENTS PLAYED A HUGE ROLE IN MY DECISION TO ACCEPT AN OFFER OF ADMISSION TO THE UNIVERSITY OF TORONTO. LAST YEAR, THE PROVOST UNILATERALLY ELIMINATED THE UNIVERSAL COMPLETION GRANT I WAS LED TO BELIEVE I COULD RELY ON."

MEMBER: PATRICK VITALE

FINANCIAL UNCERTAINTY

"RESEARCH AND INNOVATION REQUIRE TIME AND RESOURCES. BECAUSE UPPER-YEAR MASTERS AND PHD STUDENTS ARE NOT OFFERED ACADEMIC WORK OPPORTUNITIES, MANY DEDICATED INNOVATORS ARE UNABLE TO MAKE ENDS MEET AND FORCED TO ABANDON THEIR STUDIES."

MEMBER: ALEX DE SERRANO

TUTORIALS AND LABS

"WITH LABS AND TUTORIALS OF 50 OR MORE PEOPLE, STUDENTS HAVE LITTLE OPPORTUNITY TO ASK QUESTIONS OR ENGAGE IN A MEANINGFUL DIALOGUE WITH THEIR INSTRUCTORS. WHEN MY JOB DOESN'T AFFORD ME THE TIME NEEDED TO ASSIST STUDENTS IN UNDERSTANDING COURSE MATERIAL, HOW CAN I HELP THEM SUCCEED?"

MEMBER: SARA SULIMAN

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CUPE 3902

CUPE Canadian Union of Public Employees

Military worker accused of spying

ERIC WYNNE/THE CANADIAN PRESS

▶ Jeffrey Paul Delisle

A member of the Canadian military has been charged with communicating information to a foreign entity in a case the RCMP commissioner says is an indication that Canada is not immune to threats of espionage.

Jeffrey Paul Delisle, 40, appeared in Halifax provincial court on Monday on two charges under the Security of Information Act that deal with communicating information over the past five years that could harm Canada's interests.

Court documents say one of the alleged offences happened between July 6, 2007, and Jan. 13, 2012, while the other offence is alleged to have happened between Jan. 10, 2012, and Jan. 13, 2012. The Halifax-area man also faces a breach of trust charge under the Criminal Code that is alleged to have happened between July 6, 2007, and Jan. 13, 2012.

All the offences are alleged to have happened in or near Halifax, Ottawa and Kingston.

RCMP Commissioner Bob Paulson issued a statement on the charges, but didn't reveal any details about what information is alleged to have been disclosed. THE CANADIAN PRESS

News in brief

Costly meds

HEALTH. A new survey suggests almost one in 10 Canadians don't always fill a prescription because of the cost.

The findings, based on the 2007 Canada Community Health Survey, are reported in the Canadian Medical Association Journal.

THE CANADIAN PRESS

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INTERNATIONAL COIN COLLECTORS are Stopping in a Town Near You!

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By DAVID MORGAN
STAFF WRITER

ICC will be placing ads in newspapers, radio and running television spots this week asking people to bring in any old silver and gold coins made before 1968 and U.S. coins made before 1970. Those that bring in their coins will be able to speak with collectors one on one and have their coins looked at by a specialist. With the help of these ICC members, offers will be made to those that have coins made before 1968. Offers will be made based on silver or gold content and the rarity of the coins. All coins made before 1968 will be examined and purchased including gold coins, silver coins, silver dollars, all types of nickels and pennies. Those that decide to sell their coins will be paid on the spot.

If you are like a lot of people you might have a few old coins or even a coffee can full lying around. If you have ever wondered what they are worth now might be your chance to find out and even sell them if you choose. They could be worth a lot according to the International Coin Collectors also known as ICC. Collectors will pay a fortune for some coins and currency for their collections. If it is rare enough, one coin could be worth over $100,000 according to Eric Helms, coin collector and ICC member. One ultra rare dime, an 18945 Barber, sold for a record $1.9 million to a collector in July of 2007. While that is an extreme example, many rare and valuable coins are stashed away in dresser drawers or lock boxes around the country. The ICC and its collector members have organized a traveling event in search of all types of coins and currency. Even common coins can be worth a significant amount due to the high price of silver and gold, says Helms. Washington quarters and Roosevelt dimes can be worth many times their face value. Recent silver markets have driven the price up on common coins made of silver. Helms explains that all U.S. half dollars, quarters and dimes made before 1970 contain 90% silver and are sought after any time silver prices rise. Right now it's a sellers market he said.

The rarest coins these collectors are looking for include $20, $10, $5 and $2 1/2 gold coins and any coin made before 1850. These coins always bring big premiums according to the ICC. Silver dollars are also very sought after nowadays.

Other types of items the ICC will be purchasing during this event include U.S. currency, gold bullion, investment gold, silver bars, silver rounds, proof sets, etc. Even foreign coins are sought after and will be purchased.

Also at this event anyone can sell their gold jewellery, dental gold or anything made of gold on the spot. Gold is currently trading at record high prices. Bring anything you think might be gold and the collectors will examine, test and price it for free. If you decide to sell, you will be paid on the spot – it has been an unknown fact that coin dealers have always paid more for jewellery and scrap gold than other jewelers and pawn brokers.

So whether you have one coin you think might be valuable or a large collection you recently inherited, you can talk to these collectors for free. If your're lucky you may have a rarity worth thousands. Either way there is nothing to lose and it sounds like fun!

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Cruise captain 'careless, clumsy'

Twenty-nine people still missing as reports say captain's 'stunt' may have led to cruise ship's grounding

Italian prosecutors are investigating whether the captain of the Costa Concordia cruise ship was performing a "stunt" when it ran into rocks off the coast of Tuscany, killing six people.

Twenty-nine people were still missing as of Monday afternoon, officials said.

A top coast guard official, Marco Brusco, said on state TV that 25 passengers and four crew members are unaccounted for three days after the ship crashed into a reef.

Meanwhile, chief prosecutor Francesco Verusio said on Monday, "hundreds of witnesses including members of the crew, tourists and rescue workers on board" have described the horror of the evening of Jan. 13.

"In particular, we look for confirmation of what has been defined as a stunt performed by the captain," he was quoted as saying by the newspaper Corriere della Sera.

Captain Francesco Schettino allegedly took over the automated controls to pilot the ship closer to the island of Giglio. The prosecutor alleged Schettino told a crew member, "Look at your island."

"All for a favour," the newspaper quoted one passenger as saying ruefully.

In particular, investigators are looking at whether Schettino had tried to do a "bow" — in sailor's jargon, getting a ship in very close to let off a siren of greeting — the newspaper La Stampa reported.

Schettino, 52, steered the massive cruise ship in a "careless, clumsy manner" just before it slammed into underwater rock, ripping a hole in the side and capsizing, the chief executive of the cruise liner company, Pier Luigi Foschi, said at a news conference Monday.

Preliminary investigations, the prosecutor said, reveal "significant human error" by the captain, he said. The black box examination will be completed by Wednesday.

Schettino, who is being held on suspicion of multiple manslaughter, claimed yesterday that the reef had not appeared on the nautical charts and had not been picked up by the ship's navigation systems.

TORSTAR NEWS SERVICE

LAURA LEZZA/GETTY IMAGES

▶ Members of the Guardia di Finanza of Livorno assist in the rescue operation on the cruise ship Costa Concordia as it lies stricken off the shore of the island of Giglio, on Sunday, in Giglio Porto, Italy.

Unapproved move

- Foschi said the company stood by Schettino, and would provide him with legal assistance. But he told reporters that the company disassociated itself from his behaviour.
- Costa ships have their routes programmed, and alarms go off when they deviate, the chief executive said in a news conference.
- "This route was put in correctly. The fact that it left from this course is due solely to a manoeuvre by the commander that was unapproved, unauthorized and unknown to Costa," he said.

Violence flares in Iraq

Car bombs ripped through two Iraqi cities on Monday, killing at least 11 people, Iraq officials said, in the latest attacks targeting the country's Shiites a month after the U.S. military withdrawal.

Violence has surged across Iraq since the last American troops left the country. A string of bombings has left at least 150 people dead since the beginning of the year.

THE ASSOCIATED PRESS

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▶ Security forces inspect the site of a blast in Bartala, north of Baghdad, on Sunday.

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New Telehop website coming soon 2012!
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Halifax school isn't buds with spuds

Allergies

- The top 10 allergenic foods in Canada are milk, egg, peanuts, tree nuts, fish, shell fish, sesame, soy, wheat and mustard.

Potatoes are not welcome at Sir Charles Tupper Elementary School in Halifax.

The common vegetable — in any form — has joined nuts and eggs as foods that could spark allergic reactions among students.

"One of the children is very allergic to … any type of potato vapour," Paula Hoyt, principal at the kindergarten to Grade 6 school, told the Toronto Star on Monday.

Hoyt said it is up to each individual school in the Halifax Regional School Board to assess the allergies among their student population and then take the necessary precautions.

Hoyt acknowledged that a potato allergy was a new one, but was assured it was a serious life-threatening situation if the child was to come into contact with any potato products.

But Dr. Anne Ellis, a Queen's University assistant medical professor who is an allergist-immunologist, called the potato ban "quite controversial" because "it gets to the point, where do you stop?"

TORSTAR NEWS SERVICE

Royal. Image

▶ Gov. Gen. David Johnston adjusts an enlarged copy of a Canada Post stamp in honour of the Queen's Diamond Jubilee during a ceremony in Gatineau, Que., Monday.

FRED CHARTRAND/THE CANADIAN PRESS

His stamp of approval

The stamp features a photograph of Queen Elizabeth in robes and tiara waving from the window of a carriage. It's on sale at post offices across the country, and is one of a series of Canada Post issues, including stamps, first-day covers and souvenirs to commemorate the Queen's 60th anniversary

Food-safety spending being cut by Tories

Government planning to spend about $21 million less by 2013-14

The Conservative government is planning cuts to food-safety spending that the union representing federal meat inspectors warns could expose Canadians to another outbreak of foodborne illness.

"Food safety costs money, but less safety can cost a lot more — both in terms of money and human suffering," Bob Kingston, president of the Agriculture Union, told a news conference in Ottawa on Monday.

The latest spending plan from the Canadian Food Inspection Agency proposes heavy spending cuts next year, including getting rid of some of the extra resources the Conservative government threw into food safety following the deadly outbreak of listeriosis in 2008.

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JOSEPH EID/GETTY IMAGES

▶ Rescue workers remove a body from a collapsed building in Beirut's Ashrafieh neighbourhood on Monday.

Building collapse kills dozens

Most of the dead were foreign workers living in Lebanon

Using cranes, bulldozers and their bare hands, Lebanese rescue workers pulled bodies from the rubble of a collapsed five-storey residential building Monday, bringing the death toll to 25, officials said.

The owner of the building was arrested Monday, a day after the building suddenly disintegrated into a pile of twisted metal and broken concrete.

"The ground shook like an earthquake, that's what we all thought," said Mazen Farhat, 46, who lives in the area and was passing by when the building collapsed. "I heard screams, and then the dust was everywhere, and I ran," he said as he stood among dozens of people watching the rescue efforts.

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Principal uses cell jammer to fight cheats

An Austrian high school principal narrowly escaped legal action after going after potential exam cheaters with a high-tech — but illegal — idea.

Gerhard Klampfer reportedly bought and mounted a jamming device strong enough to prevent graduating classes from doing Internet research on their smartphones during final exams last summer.

State broadcaster ORF said on its website Monday that the move was effective enough to arouse the attention of a phone-service provider. The company alerted authorities in charge of monitoring radio traffic after noticing lack of service.

They then notified legal officials who threatened Klampfer with a misdemeanour. Under Austrian law, only police, the military and others in charge of security can jam signals.

Klampfer says he didn't know he was breaking the law. He was let off with a warning, instead of a fine.

THE ASSOCIATED PRESS

DAVID GOLDMAN/THE ASSOCIATED PRESS

▶ Huntsman

Huntsman endorses Romney

Republican Jon Huntsman has dropped out of the Republican presidential race and has endorsed Mitt Romney.

Huntsman said the former Massachusetts governor gives the Republican Party its best shot at defeating President Barack Obama in the November general election.

Huntsman's resumé had suggested he could be a major contender for the presidential nomination. But the former Utah governor and diplomat found a poor reception for his brand of moderate civility.

THE ASSOCIATED PRESS

Police raid bishops' offices

BRUSSELS. Belgian authorities on Monday raided the administrative offices of three Catholic bishops, part of an ongoing child-abuse investigation that has previously raised the ire of the Vatican and church officials.

Belgian Catholic Church spokesman Geert Lesage said the offices co-operated during the raids and handed over requested files as much as possible. He said it was still unclear exactly what authorities were seeking.

The raid was the first since one in 2010 code-named Operation Chalice, in which authorities seized hundreds of case files from a church and used power tools to open a prelate's crypt in Mechelen's St. Rumbold Cathedral, seeking evidence. Pope Benedict XVI called the raids "deplorable" at the time.

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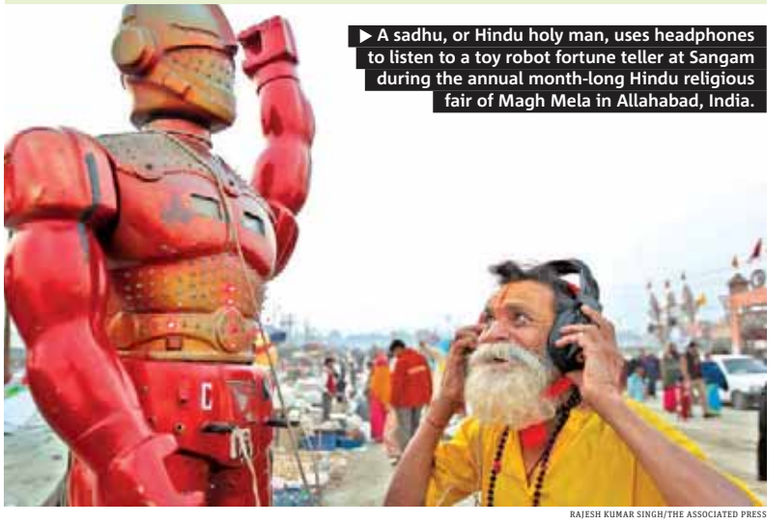

▶ A sadhu, or Hindu holy man, uses headphones to listen to a toy robot fortune teller at Sangam during the annual month-long Hindu religious fair of Magh Mela in Allahabad, India.

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Listen to your robot fortune teller

Questions raised over phone hacking at second British tabloid

Piers Morgan was fired from the Daily Mirror in 2004

It's possible illegal phone hacking took place at Britain's Daily Mirror tabloid, which was edited for almost a decade by CNN celebrity interviewer Piers Morgan, the newspaper's current editor said Monday.

Richard Wallace told the media ethics inquiry that hacking "might well" have been going on at the Mirror in the early 2000s. But he said he had no knowledge of it and insisted "ethical issues are embedded" within the culture of the paper's newsroom. The inquiry into press standards was set up in the wake of revelations that Rupert Murdoch's now-shuttered News of the World had illegally eavesdropped on the voice mails of celebrities, politicians and even crime victims. Some alleged victims have accused other newspapers of wrongdoing, too.

THE ASSOCIATED PRESS

JAE C. HONG/THE ASSOCIATED PRESS

▶ Piers Morgan

Romanian PM warns protesters

More than 1,000 demonstrators jeered government austerity measures in downtown Bucharest on Monday as Romania's prime minister warned that violent clashes like those that left 59 injured over the weekend could jeopardize stability and economic growth.

Protesters who gathered in freezing temperatures for a fifth day of demonstrations chanted "Freedom!" and held banners saying "Hunger and poverty have gripped Romania!" They waved flags with the centre ripped out, a symbol of the 1989 uprising against former Communist dictator Nicolae Ceausescu.

On Sunday, police clashed with a small contingent of around 1,000 protesters in the capital. Tear gas and flares were used to repel demonstrators hurling stones and firebombs.

THE ASSOCIATED PRESS

catches fire in Florida

Firefighters say one of the world's oldest cypress trees has caught fire and collapsed in central Florida. It's unknown what caused a 36-metre bald cypress tree named "The Senator" to catch fire early Monday. Mike Martin of the state Division of Forestry tells the Orlando Sentinel that arson may be to blame.

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Ex-Nortel execs' trial begins

- Prosecutor says financial statements were off by half-a-billion dollars
- Crown to bring forward 27 witnesses, including possible accomplices

One of the biggest trials in Canadian corporate history got underway Monday, with the Crown prosecutor beginning to lay out his case against three former Nortel Networks executives accused of falsifying financial reports.

Former chief executive Frank Dunn, former chief financial officer Douglas Beatty and former corporate controller Michael Gollogly each entered not guilty pleas to two charges before the prosecutor began his opening statements.

Crown attorney Robert Hubbard alleged the three men worked together to falsify Nortel's records and statements — to make it look more profitable.

Hubbard said Nortel's financial statements were incorrect in the first and second quarters of 2003. The prosecutor argued it is clear that the way Nortel recorded its financial statements was not in accordance with accounting principles.

"The only real question is, did you know it at the time?" Hubbard said, gesturing to the accused.

Hubbard said he aims to prove the men falsified statements because bonuses for senior executives were linked to consecutive quarters of profitability. The accused "had to juggle accounting to achieve those results," Hubbard said.

Even though Nortel had been losing millions of dollars for years, it was still generating huge revenues from global sales of advanced technology and continued to reward employees with stock options.

Dunn, Beatty and Gollogly were dismissed from the company in 2004 — five years before Nortel was forced to seek court protection from creditors. Many observers have suggested that the scandal distracted senior executives and preventing the company from competing effectively.

The defendants have also been investigated by the U.S. Security Exchange Commission and the Ontario Securities Commission.

THE CANADIAN PRESS

Nortel meltdown

- **Nortel was once** Canada's most valuable company, with more than 90,000 employees worldwide.
- **The 2002-03 accounting scandal** produced a stock-market flameout, dragging down the share from $124.50 in 2000 to penny-stock status. Now, stock is delisted and worthless.

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
+ 27.54 (12,258.60)	+ 0.45¢ (98.23¢ US)

Oil	Natural gas	Gold
- 99¢ US ($99.69 US)	$2.54 US (- 13¢ US)	$1,643.50 US (+ $12.70 US)

FRANK GUNN/THE CANADIAN PRESS

▶ Former Nortel Networks chief executive Frank Dunn leaves court in Toronto on Monday. The trial against him and two other ex-Nortel executives accused of falsifying financial reports is now underway.

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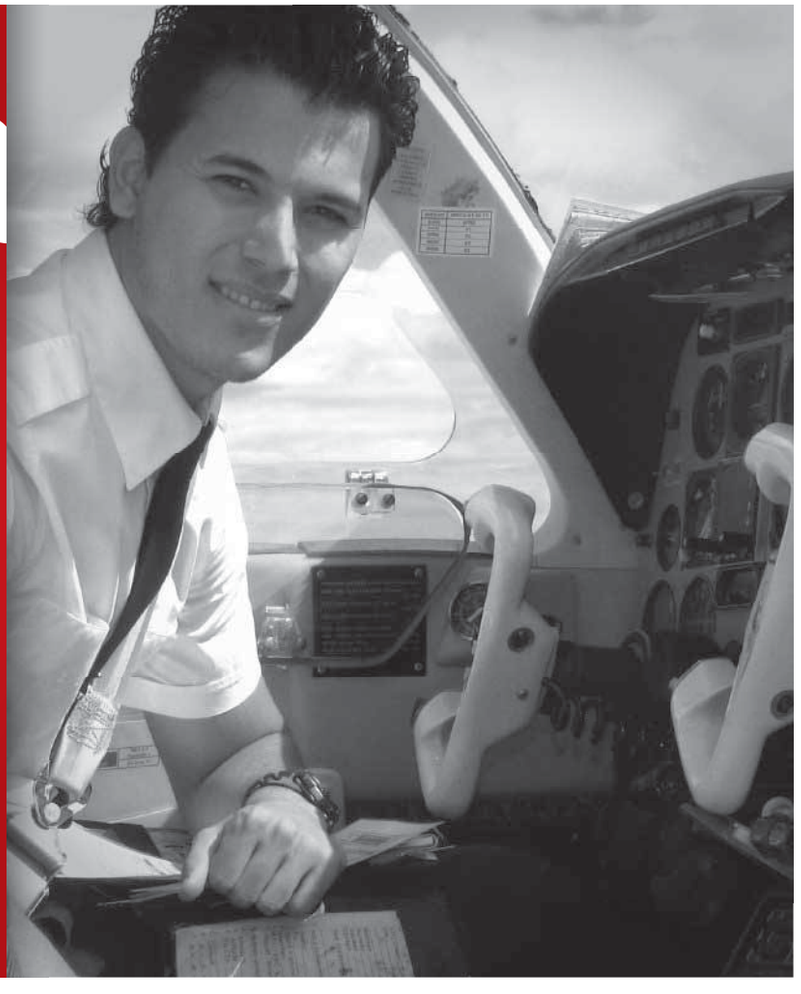


FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

JESSICA NAPIER
METRO

Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks Mom and Dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

"Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold."

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard-of $5.00 a day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier. In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

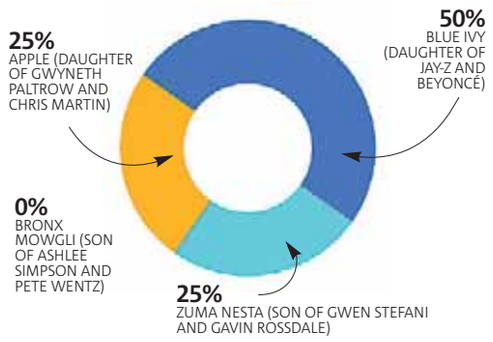
Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding S–t People Say videos to your friends and take some time to write to your local MP about an issue you care about.

Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

What's your favourite unconventional celebrity baby name?

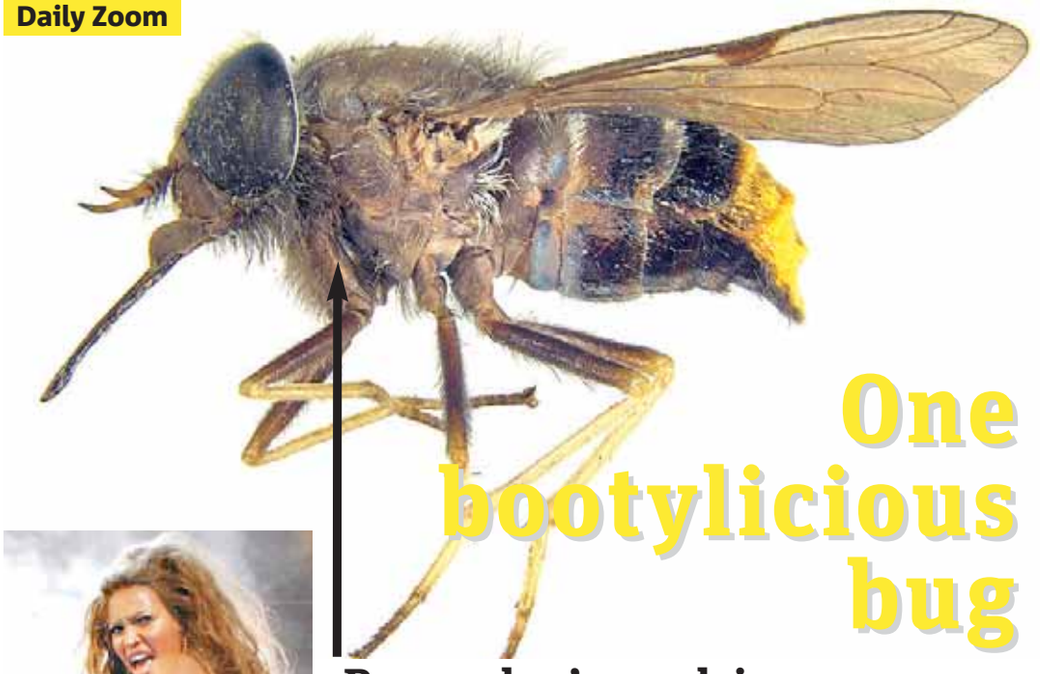

25%
APPLE (DAUGHTER OF GWYNETH PALTROW AND CHRIS MARTIN)
50%
BLUE IVY (DAUGHTER OF JAY-Z AND BEYONCÉ)
0%
BRONX MOWGLI (SON OF ASHLEE SIMPSON AND PETE WENTZ)
25%
ZUMA NESTA (SON OF GWEN STEFANI AND GAVIN ROSSDALE)

Local tweets

- **@ClaudeLule:** Faith is taking the first step even when you don't see the whole staircase. Martin Luther King, Jr.
- **@laurenonizzle:** Does it irk anybody else that our mayor's weight has been headline news ALL DAY? Is #Toronto really that boring in the eyes of news editors?
- **@BrokeAssPunker:** I live in the beautiful city of Toronto Canada where our mayor weighs 330 pounds, uses his phone while driving and gives people the finger.
- **@Michelle_Slater:** Seriously? The mayor of Toronto weighs the same as 3 of me!!! Time to stop the gravy train
- **@Leni_Y:** Why does it matter who delivers health care (public v private)? As long as provinces pay the same rate for the same procedure? #cdnpoli
- **@AnaElioukina:** Everyday I have to remind myself not to give up and let my marks slip because the semester is almost over #amen
- **@anthonynacc:** 13 days into the semester. It's about time I start some homework, huh?

Daily Zoom

BRYAN LESSARD/COMMONWEALTH SCIENTIFIC AND INDUSTRIAL RESEARCH ORGANIZATION/THE ASSOCIATED PRESS; INSET: FRANK MICELOTTA/GETTY IMAGES



One bootylicious bug

Researcher's crush is what's in this name

A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé, He wanted to pay respect to the insect's beauty by naming it Scaptia (Plinthina) beyonceae.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Beyonceae

- Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.
- He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."

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Beckinsale gets her bite back

Underworld star Kate Beckinsale explains how her stunt work is getting better with age

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HANDOUT

▶ Kate Beckinsale reprises her role as the vampire Selene in Underworld Awakenings, which opens on Friday.

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foe after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies where I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double standard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the stunt work on the first Underworld film to Underworld: Awakenings, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

Hollywood today

▶ Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are airbrushed and most of those people are probably taking cocaine to be thin."

2 scene

Scene in brief

Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while at country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies."
THE ASSOCIATED PRESS

Golden Globe parties crowded with tired, but grateful, stars

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You're looking so Kate!

Oh no: Yet another article about getting fit for 2012 But, wait: This one stars trainer Ramona Braganza, who got Kate Beckinsale ready for Underworld: Awakening Pull those sweatpants out of your closet

GETTY IMAGES/METRO WORLD NEWS

1. Visualize the 'new you'

The first step is to set your goal and "see" it. Braganza recommends a literal visualization. "Hang up your favourite pair of skinny jeans so that it's visible to you first thing in the morning," she says.

"Never hide your body, that's just denial. Use a bathing suit as a visual motivator to remind yourself that a bikini-ready body isn't only for beach holidays. And you have to make a choice: either you eat chocolate all day and risk to gain weight, or have a small square a day you and look great."

TIP: Although the skinny jeans trick works, don't buy 14 pairs that are too small.

2. Work out who you are

Your personality will determine what physical activities you'll enjoy.

If you're sedentary and prefer easy-going rather than strenuous workouts, start by learning some easy moves such as sit-ups against the wall, or light stretches that you can gradually build into yoga sequences," says Braganza.

"Hang up your favourite pair of skinny jeans so it's visible first thing in the morning."
BRAGANZA

"Faster paced people often feel the need to release energy and tend to gravitate toward more aggressive activities such as kickboxing."

TIP: Get to know your body: take an anatomy or nutrition class.

3. Fill your fridge with good things

"Holiday season aside, neither your diet nor your weight should fluctuate throughout the year and lighter options such as lean meats, fruit and vegetables should never be replaced by rich foods," says Braganza.

"Opt for something filling such as pulses, grains and soups and try and eating a small meal every two to three hours."

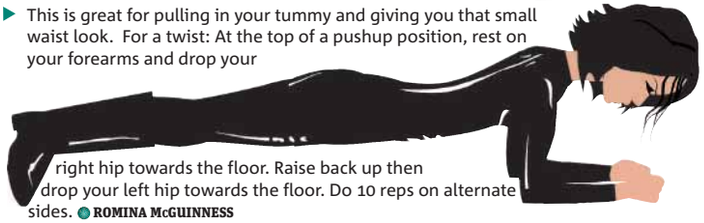
TIP: Indulge in your favourite foods up to three times a week. This will avoid small cravings from spiraling into uncontrollable binges.

SHOULDER PUSHUPS

This move is just like a pushup but instead of remaining in a plank position, begin in a pike position and take all the weight onto your arms and shoulders. Keep your head looking down at to the ground and aim the top of the head into the floor. Push up and away from the floor for 10 reps.

PLANK

This is great for pulling in your tummy and giving you that small waist look. For a twist: At the top of a pushup position, rest on your forearms and drop your



right hip towards the floor. Raise back up then drop your left hip towards the floor. Do 10 reps on alternate sides. ROMINA McGUINNESS

Behold Kate Beckinsale's Underworld workout, according to trainer Ramona Braganza

SQUAT JUMPS ON TO A PLATFORM

This pliometric move is terrific to raise heart rate, burn fat and build a nice butt. Begin standing in front of a step or a small riser. Place your feet hip width apart, bend your knees and sink your hips down into a small squat. Spring up and land with your feet hip width apart on the step, absorbing the impact by sinking back down into a squat. Then spring back and down. Repeat 10 times.

LUNGE FORWARD THEN BACKWARD

Here's a move to define glutes and legs, both very visible body parts in tight leggings. Begin standing tall feet hip width apart and place your hands on your hips. Take a giant step forward with your right leg and land in a lunge. Balance momentarily. Push off the foot to bring your right leg back passing through centre and then landing in a rear lunge with the right leg. Continue forward and back for 10 reps then repeat other side.

DVD reviews

Buy it | Rent it | Borrow it | Yawn | Don't bother

The Ides of March

Genre: Drama
Director: George Clooney
Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling

George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

Clooney, in his fourth and most accomplished directorial turn, casts himself as Mike Morris, the Pennsylvania governor who seeks to lead the Democrats in a presidential contest, first by winning the crucial Ohio primary. The film's central figure isn't Morris, but his press wrangler, Stephen Myers (Gosling). The talent's all there, but Clooney and frequent collaborator Grant Heslov lose the plot in their screen adaptation, with Beau Willimon, of Willimon's play, Farragut North. Clooney's probe of situational ethics won't come as a revelation to anyone who has seen Primary Colors, The Candidate, Robert Altman's Tanner '88 TV miniseries or any number of similar political movies.

PETER HOWELL

Poetry

Genre: Drama
Director: Chang dong-Lee
Stars: Jeong-hie Yu, Da-Wit Lee, Hira Kim

In South Korean director Chang-Dong Lee's well-observed drama, a lovely grandmother just wants peace to write poetry, her new passion, but the world won't let her.

Mija, superbly played by Yun Jung-hee, is raising her surly, ungrateful grandson, Wook (Da-wit Lee). To supplement her pension, Mija cleans house for, and bathes, a wealthy elderly man. Despite being partially paralyzed, he shocks the prudish Mija by making advances to her.

But Mija's discomfiture is nothing compared to the jolts that are coming: the tragedy of a young girl's death spins into her world, while darkness gathers on another front: a doctor tells Mija that her chronic forgetfulness is early Alzheimer's, a disease that will eventually take her mind away. Poetry achieves lyricism in the way it depicts the uncommonly beautiful Mija's misery, and was rightly honoured with the screenplay prize at the 2010 Cannes Film Festival.

PETER HOWELL

Killer Elite

Genre: Action
Director: Gary McKendry
Stars: Jason Statham, Clive Owen, Robert DeNiro

In director Gary McKendry's latest eruption, Jason Tatham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype.

The plot might charitably be described as a fatal collision between RED and Mission: Impossible, in that retired and/or jaded spies/soldiers/assassins are required to perform tasks of such ridiculous complexity that even Rube Goldberg might throw up his hands in despair.

The plot? Don't ask.

While there's plenty of death on the screen, the real casualties of Killer Elite are the brain cells of people watching it.

PETER HOWELL

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Love and war

Angelina Jolie sheds light on the atrocities of the Bosnian war in her debut as a writer-director

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

HANDOUT

▶ In the Land of Blood and Honey opens in Toronto this Friday.

At the L.A. premiere for her debut as a writer-director, the Bosnian war drama In the Land of Blood and Honey, Angelina Jolie made it clear that that the film is hard to watch — and intentionally so — warning the audience that for two hours they would be asking themselves when it would end.

While that may seem like a risky gambit for a commercial release, Jolie insists there was no other way to present it.

"I personally feel like if you're watching a film about war, you should get a sense of what it's really like, so we tried to make it authentic," she says.

The war in question — represented on screen with the unlikely love affair between a Serbian officer (Goran Kostic) and a Bosnian refugee (Zana Marjanovic) — was particularly atrocity-filled, and Jolie pulled few punches in depicting it.

"You just can't soften this kind of war," she says.

"And the reality is the four-and-a-half-hour cut was a lot worse. Some of the hardest things were actually cut out because some people just really could not handle it."

What's possibly most jarring about the film, though, are the details woven in to remind audiences that this all happened in the last 20 years right in Western Europe's backyard.

But Jolie isn't looking to send audiences on a guilt trip so much as raise awareness.

"I didn't intentionally make people feel guilty, but I have had that response from a lot of people — that they feel guilty that they didn't do enough," she says.

"I feel guilty. I didn't know enough.

"So I think we all should feel that way about this particular war, and we should wonder what it is that we're going to look back on, in 15 years, and feel that we also didn't do, that's happening today," she adds.

Afghanistan?

While speaking to 60 Minutes for In the Land of Blood and Honey, Angelina Jolie let slip that her next directorial effort could focus on the war in Afghanistan. But Jolie worries she might have spoken a bit too soon. "I said that I had this thing, but nobody has seen it and it's just something that I have on my desk..."

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I lacked willpower

"I stopped by my health food store one day to get some help. The storeowner was not surprised about my problems with sugar. He explained that when we eat simple sugars, our blood sugar can fluctuate too much and that can create more hunger and the accommodating weight gain.

He suggested that I try a 3-week "sugar detox" using a new supplement called Mulberry Zuccarin. "It will help stabilize your blood sugars naturally by cutting the amount of calories you uptake", he explained, "and stable blood sugar helps you control your sugar cravings."

Cheating the sugar – with Mulberry Zuccarin

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Suddenly, I felt it work

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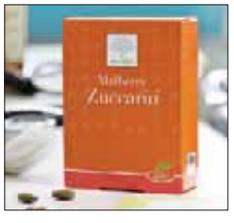

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Sunday night's alright for fighting

Elton, husband have choice words for Madge, who decides to play it cool

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet. When asked by Carson Daly on the red carpet about the chances of Madonna winning, EJ quipped: "Madonna doesn't have a (expletive) chance."

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went onto Facebook to vent his frustration.

"Madonna. Best song???? (Expletive) off!!!"

GETTY IMAGES

▶ Elton John

Not satisfied, he continued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge. You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

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JEFF ENGERBRESTON

▶ Injuries can pile up quickly while on the slopes.

Ski smarter this season

We often hit the slopes without training — or thinking about the damage it could have on our body Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining.

Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs (and skis) curl under your body.

People focus on building muscle in the legs when they should focus on the back.
AMIE ENGERBRETSON

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint." she explains.

METRO WORLD NEWS

3 life

A new study shows

3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

METRO WORLD NEWS

Antidepressants in late pregnancy may double rate of rare condition in babies

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1 High mountain
for better posture and stronger thighs
Start with your feet hip-width apart firmly pressing into your feet and energizing your legs. On an inhalation, lift your arms up alongside your ears with your palms facing each other.

2 Forward bend with hand clasp
stretches the hips, hamstrings and thighs. The hand clasp increases the intensity of the pose.
Exhale, swing forward and clasp your hands behind your back as you fold in to a forward bend. Keep the weight from falling back onto your heels and stretch your hamstrings, back and shoulders in this forward fold. Scoop your lower abdominals in and up, and as you take your arms overhead try to keep the top of the shoulders relaxed.

3 Skier's chair pose into high lunge
chair pose strengthens the spine and thighs and the high lunge works on strengthening the legs and the arms.
Inhale, bend your knees and come in to a skier's chair tuck keeping your hands clasped behind your back, abdominals engaged. Bend deeply and gaze forward as you step your right leg back behind you and swing your arms up alongside your ears coming into a high lunge. Make sure your front knee is directly over your front ankle and press firmly through the heel.

KRISTIN McGEE

▶ Forward Bend with hand clasp

▶ High Mountain

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THE CANADIAN PRESS H/O

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1. In bowl, combine beef, garlic, parsley, fennel powder and pepper. Cover and refrigerate for at least 1 hour. In nonstick skillet heat oil over medium high heat and cook meat mix until browned.
2. In pot of boiling salted water, cook pasta 10 mins. or until al dente. Drain, reserving 125 mL (1/2 cup) of cooking liquid. Add pasta to meat mix and stir in reserved pasta cooking liquid. Cook 2 mins. Remove from heat and stir in arugula and cheese to serve. **THE CANADIAN PRESS/ BARILLA**

Ingredients:

- 750 g (1 1/2 lb) lean ground beef
- 2 cloves garlic, minced
- 15 ml (1 tbsp) chopped parsley
- 1 ml (1/4 tsp) fennel powder
- black pepper
- 15 ml (1 tbsp) olive oil
- 1 pkg (500 g) whole-grain rotini
- 500 ml (2 cups) torn arugula
- 30 ml (2 tbsp) Parmesan

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STEPHANIE DICKISON

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Social lunch: Yes
Rating: 3 out of 5

The food: It takes guts to do a Calamari Po' Boy ($9) and they've almost got it. Too bad each overcooked, rubbery ring slides outta the bun with each bite. But the toppings — pickled onions, remoulade sauce — are lively. It could really be something.

Pulled Turkey ($7.50) is an intriguing post-holiday option. With just the right amount of tang via homemade BBQ sauce, topped by a pillowy bun and paired with Hand Cut Fries ($3.50), it's satisfying, if on the dry side.

The verdict: Service with a smile and food that suits the price. Lunchtime isn't so dreary anymore, is it?

Hakuna Frittata, rapini style

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

EMILY RICHARDS

▶ This recipe serves four.

Preparation:

1. In pot of boiling water cook rapini for about 6 minutes or until tender but firm. Drain well and using wooden spatula gently push down on rapini to remove even more water. Chop rapini coarsely.
2. In 8-inch (20 cm) nonstick skillet, heat oil over medium heat and cook garlic and pepper flakes for 1 minute or until fragrant. Add rapini and toss to coat; cook stirring for about 8 minutes or until beginning to brown and get crispy.
3. Meanwhile in bowl whisk together eggs, cheese, salt and pepper. Pour into skillet stirring to combine with rapini. Cook lifting edge with rubber spatula letting runny egg go to the bottom until bottom is light golden and top is set. Place large plate over top of skillet and invert frittata onto plate. Slide frittata back into skillet and cook for about 3 minutes or until golden.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 bunch rapini, trimmed
- 2 tbsp (25 mL) olive oil
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 6 eggs
- 1/4 cup (50 mL) freshly grated Parmesan cheese
- 1/4 tsp (1 mL) salt
- Pinch pepper

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How good is your neighbourhood?

TV show asks 100 families to raise their collective net worth by $1 million over 10 weeks ◆ One family wins $100,000 if the community makes their goal

BRUCE SELLERY
MONEY@METRONEWS.CA

As co-host of Million Dollar Neighbourhood, Bruce Sellery helps families address their money problems with tough love.

The show starts in Aldergrove, B.C., where one community will confess their bad money secrets, come to terms with their debt denial and find a whole lot of money by selling, downsizing, swapping, bartering, investing and some good old-fashioned sweat equity.

Feeling inspired to save? Here's Sellery's Top 3 tips for Metro readers.

Get fanatical about fees: You drive out of your way to save a dollar on diapers or a dime on gas, but don't look closely at the fees you're paying for cellphone plans, Internet, banking and investing. Figure out what you're paying then see if you can get a better deal from a different provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition.

CONTRIBUTED

▶ Bruce Sellery, left, and Dr. Joti Samra co-host Million Dollar Neighbourhood. The show premieres Sunday on OWN.

Put your credit card on ice: Store your credit card in the freezer and live cash only for one month. Yes, it is totally inconvenient and annoying, but will make you more conscious of what you spend your money on. This will help you find some places to cut back. Credit cards mask over the pain of spending, which is one reason consumer debt levels are so high. Pain can be a good thing as it helps us avoid danger. Going cash only will help bring back the pain and reduce the danger of over-spending.

Take a second look at past tax returns: Consider using a professional tax preparer to look at old returns and see if there are tax credits or deductions you may have missed.

BRUCE SELLERY IS AUTHOR OF MOOLALA: WHY SMART PEOPLE DO DUMB THINGS WITH THEIR MONEY AND WHAT YOU CAN DO ABOUT IT.

WELL DONE, CANADA!

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Pat yourself on that back! The BMO holiday spending survey results were released last week and 76 per cent of Canadians reported they spent less than they had planned over the holidays. On average, Canadian households shelled out $1,029 on food, drinks, gifts and entertainment; $300 less than what most were expecting to spend.

Around 25 per cent of that same group listed 'reducing household debt' as their number one priority for 2012. Pulling in second place, with 24 per cent of respondents, was a resolution 'to save more for retirement'.

The top three ways to achieve these goals are:

• Spend within your budget. Use online financial tracking and budgeting tools to keep a close watch on your spending. These tools are free with your online banking. Once you know where your money is going, you can find ways to cut back. If overspending knocks you off budget, ask your three- year-old niece or nephew to hide your credit cards in a secret spot in your kitchen. By the time you've found your cards, the wave of spending temptation will have passed.

• Tackle your debt head on by paying a little extra whenever you can scrounge up a few dollars. If you're paying high interest rates, negotiate for lower ones.

• On payday, before you pay your bills or hit up the ATM, automatically contribute savings to a registered investment plan like an RRSP or TFSA. Many employers will set this up for you or you can ask your local banker for assistance.

I'm confident that Canadians can achieve their 2012 financial goals. Stay motivated and focus on building your net worth.

5 minutes with: Amber Bacon

Canadian ex-bachelorette opens up to Metro about her experience on reality show Shares who she's rooting for

PHYLICIA TORREVILLAS
LIFE@METRONEWS.CA

Amber Bacon, a Port Coquitlam, B.C., nurse and the only Canadian who had a chance to woo The Bachelor, talks to Metro about her time on the show, not getting a rose and her message to Ben Flajnik.

Giving Ben a taste of bacon by having him kiss your hand, was that on the spot or not?
I had it prepared and wanted something that was a little bit fun, flirty and memorable so I thought the 'Baconator' was fun. I don't take myself too seriously so I was able to poke fun at my name and I thought that was good.

How was it being in one room with 24 other women? Did you see some checking out the competition?
I think girls always look at other girls and size them up to try and see who they're up against. I think that's normal for girls in any situation. In any bar you go to, all the girls are kind of looking at each other. This situation is a bit high stress and a bit more intense, so some of the girls can take their emotion to the next level and get all riled up.

What are your thoughts on people saying this was the 'most gimmicky' Bachelor premiere ever (somebody brought her grandma, another came in riding a horse)?
I think the girls really wanted to stand out so they did whatever they can to make Ben remember. There are so many girls and I don't even know how he would remember 25 names. If you do something big like coming in on a horse, and he would be like, 'Oh that girl on the horse.' I think that was smart of them that they got his attention.

How did you feel about not getting a rose?
I was a little disappointed that I didn't get more time to be on the show and to see if I liked Ben. At the same time, not everyone likes everyone. I'm still a great girl and he's still a great guy.

Are you rooting for anyone?
I really liked Lindzi (Cox), the girl who came on the horse.

I do think she was a really nice, down-to-earth girl. I had spent time talking to her and just thought she was a genuine, classy lady so I'm pulling for her.

What's your message for Ben?
You gave up on the best girl in the world. Good luck.

The Bachelor airs Mondays on Citytv.

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▶ Amber Bacon

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January
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WORKERS NOT ALWAYS THE INNOCENTS

We're quick to pick the big boss out as the office enemy **But employee misconduct must not be overlooked**

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

In my column last week, I shared employers' biggest money-saving workplace law schemes, designed to keep money in their own pockets and less in their employees. However, employees also have some tricks up their sleeves. Here are some of my favourites:

Alleged constructive dismissals:

Many employees, unhappy with their jobs and their employers, will conjure up perceived workplace injustices in an effort to leave and collect severance. Some of these claims are meritorious — many are not. Worse, in a number of cases, these employees have already received another job offer, and therefore, have no right to compensation no matter how long or commendable their service.

Mitigation:

The single biggest source of employer mistrust with employees is with those who are no longer employed but are still on their payroll receiving severance — and for good reason. Ex-employees who are receiving severance are required to report any job offers or any income they receive, which would then eliminate further payments. Many do not and they usually get away with it.

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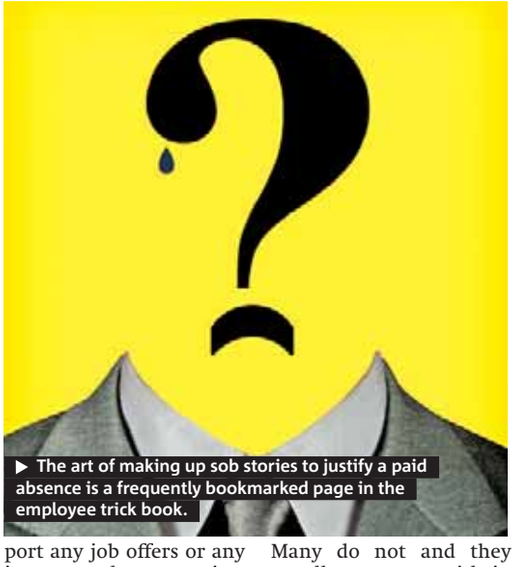

▶ The art of making up sob stories to justify a paid absence is a frequently bookmarked page in the employee trick book.

Harassment claims:

Today, a tough boss can no longer criticize employees without fear of a human rights or harassment complaint.

This is because liberalized human rights laws and employee-friendly human rights tribunals often extend legal protection to even superficial harassment claims. Employees, aware of employers' fears, can illegitimately assert they were "harassed" when something did not go their way and they frequently do, as a means to achieve a right or benefit they did not otherwise deserve.

Loyalty:

Most employers believe that unhappy ex-employees will stop at nothing to derail them. However, the biggest workplace conspirators often come from inside.

These employees strategize about competing but while still employed. They steal confidential data and take steps to cripple their company — and then swiftly leave for a rival.

Malingerers:

If you ask just about anyone what the biggest problem with workplace law is today, most will invariably announce that disability cheaters are at the top of their list.

Although they are few in their numbers, their scams are often magnificent ones as they find ways to get paid, without ever having to go to work.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

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New start and a new business

It's an exciting time to open a business as a newcomer to Canada **Here are some tips to help you along the way**

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▶ The future is sure to look brighter with a solid plan in place.

If you are an entrepreneur who is new to Canada, here are some tips that can help to transform your entrepreneurial vision into a reality.

Start with a plan

Business planning is essential for anyone starting a business. A business plan is a written document that shows potential investors or bank officials that your business has the potential to succeed. It also helps you plan for the future growth and development of your business. Canada Business Ontario offers a business plan guide that is available in over 10 different languages.

Determine what is involved

In order to complete your business plan, it is important to understand what will be involved in setting up your business. Licensing, registration and tax accounts may be required before you can open your doors. To determine what steps will apply to your specific business idea; make sure that you have a clear understanding of your business before you start gathering information. Many of the requirements will be based on the individual choices you make about your business type, location and structure.

19

According to a 2011 Statistics Canada publication, approximately 19 per cent of the more than two million self-employed Canadians were newcomers.

Get the right information

Finding the right information can involve a lot of time and research. To help make it easier to find the right information, Canada Business Ontario is your business information connection. This government service offers information on federal and provincial business programs, services and regulations — all at no charge. The Start-Up Guide for Newcomers to Canada is designed to help entrepreneurs who are new to Canada learn about starting a business. Canada Business Ontario's guides and free business information are available by calling the Business Info Line at 1-888-745-8888. **NEWS CANADA**

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Leafs preview

Ottawa at Toronto
7 p.m.
TV: SNET

The Senators (25-16-6) head to Toronto (22-17-5) for their second game in two nights. The Maple Leafs have lost their last two games while Ottawa had won four straight before Monday night's 2-0 loss to Winnipeg. Toronto's Phil Kessel and Joffrey Lupul haven't recorded a point in three games. Both are minus-4 over that span. Tyler Bozak (upper body) is expected to return to Toronto's lineup tonight.

THE CANADIAN PRESS

Raps' nosedive reaches five

Josh Smith scores 28, Joe Johnson 27 as Atlanta downs injury-depleted Toronto squad

93	84
HAWKS	RAPTORS

KEVIN C. COX/GETTY IMAGES

▶ Atlanta's Jeff Teague drives against Toronto's Amir Johnson and Jose Calderon on Monday.

Josh Smith believes the Atlanta Hawks can keep winning even though centre Al Horford will miss the next three to four months with an injury.

"We have veteran guys who have been there and done that before," Smith said. "All we need is to just keep flying under the radar."

Smith scored 28 points and pulled down a season-high 15 rebounds and Joe Johnson added 27 points to help the Atlanta Hawks win their third straight game, 93-84 over the Toronto Raptors on Monday.

The Hawks are 3-0 since Horford tore his left pectoral muscle last week, and Smith is hardly concerned that Atlanta has yet to beat a strong opponent during that stretch. Charlotte, Minnesota and Toronto are a combined 11-29.

Leandro Barbosa had 22 points off the bench for Toronto, which has lost five straight.

Toronto was without centre Andrea Bargnani, the NBA's ninth-leading scorer, for the third straight game because of a strained left calf. Reserve guard James Johnson didn't play because of a sprained right ankle.

The Raptors twice cut the lead to one late in the third quarter when Barbosa hit a pair of free throws and a runner, but Atlanta went on an 18-9 run that Jeff Teague ended with a free throw to make it 81-71 with 7:55 remaining.

Toronto never got closer than five after Ed Davis scored inside over Smith to make it 85-80 with 2:12 left.

Smith responded on the next possession by jumping from the right baseline and tipping in Johnson's missed runner to give the Hawks an 87-80 lead.

"It sounds like a broken record, but I thought our guys competed," Raptors coach Dwane Casey said. "We're truly missing our players, but that's no excuse. There's only so much you can ask for from certain players. That's not their role."

Jose Calderon had 13 points and 11 assists and Amir Johnson added 13 points and 10 rebounds for the Raptors, who have lost seven of eight overall and dropped to 2-6 on the road.

The Hawks converted 17 Toronto turnovers into 22 points.

"I don't want to make excuses, but we're a young team and we have a new coach," Calderon said. "Maybe we need some practice. Hopefully we can get on the same page. Sometimes we turn the ball over because we're trying to do too much."

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Crosby turns to familiar treatment

Penguins star to make return visit to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

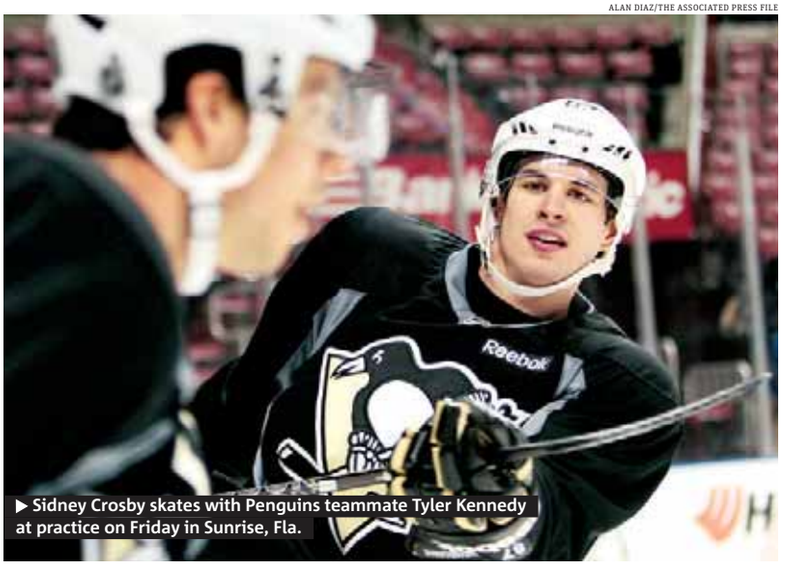
Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

That continues to be a problematic area for Crosby. He accompanied the Penguins on a three-game road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."
PENGUINS GM RAY SHERO

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it, and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick).

ALAN DIAZ/THE ASSOCIATED PRESS FILE



▶ Sidney Crosby skates with Penguins teammate Tyler Kennedy at practice on Friday in Sunrise, Fla.

"So I know I can handle that if I need to and if it comes to that."

The Toronto-born Carrick practises in Florida and Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby, which was chronicled on CBC's Hockey Night in Canada and in a lengthy Maclean's feature.

Carrick's treatment combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair which spins upside down in an effort to stimulate the brain.

"We tailor our treatments very specifically to the individual," Carrick told Maclean's last year. "When we have an area that's not working right, we look at other areas that can compensate for that if we need to, or we look at mechanisms to make those areas work right."

Since being diagnosed with a concussion Jan. 6, 2011 — after taking hits to the head in consecutive games — Crosby has appeared in just eight NHL games, registering two goals and 12 points.

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RICK RYCROFT/THE ASSOCIATED PRESS

▶ Rafael Nadal makes a backhand return against Alex Kuznetsov at the Australian Open.

Nadal wins despite injury

As Australian Open begins, Spanish star has tendon problem in knee

Rafael Nadal has a new injury — a tendon problem in his right knee that nearly forced him to forfeit a first-round match at the Australian Open on Monday that he won handily.

Roger Federer, defending champion Kim Clijsters and top-seeded Caroline Wozniacki were also bothered by injuries coming into the year's first Grand Slam event, but all advanced in more routine fashion and appeared to be over their ailments.

That wasn't the case with Nadal. Bothered by a left shoulder injury late last year, the Spaniard's right knee was heavily taped during his 6-4, 6-1, 6-1 win over Alex Kuznetsov.

"I was sitting on a chair in the hotel, I felt like a crack on the knee ... really strange," Nadal said. "I stand up. I felt the knee a little bit strange. I moved the leg like this two times to try to find the feeling. After the second time, the knee stays with an unbelievable pain completely straight. I have no movement on the knee."

He wasn't completely sure he could play but decided to do so after an MRI exam showed no major damage, although he still had concerns.

"I started with a little bit of a scare at the beginning, and nervous because I was really disappointed yesterday," he said. "But after the first 10 games ... I started to play with normal conditions."

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	43	28	11	1	3	122	90	60	13-4-0-2	15-7-1-1	7-3-0-0	L1
d-Boston	42	29	12	0	1	153	83	59	16-7-0-1	13-5-0-0	7-3-0-0	W1
d-Florida	44	21	14	4	5	112	123	51	11-5-1-5	10-9-3-0	3-4-2-1	L2
Philadelphia	43	26	13	2	2	144	128	56	10-6-1-1	16-7-1-1	5-5-0-0	L1
Ottawa	47	25	16	4	2	146	148	56	14-9-0-1	11-7-4-1	8-1-1-0	L1
New Jersey	44	25	17	1	1	121	125	52	11-7-0-1	14-10-1-0	6-3-1-0	W2
Washington	43	24	17	0	2	125	124	50	17-5-0-1	7-12-0-1	7-3-0-0	W3
Pittsburgh	44	23	17	2	2	134	116	50	11-8-2-0	12-9-0-2	4-6-0-0	W2
Toronto	44	22	17	3	2	137	137	49	12-6-2-2	10-11-1-0	5-4-1-0	L2
Winnipeg	45	21	19	3	2	115	128	47	14-8-0-1	7-11-3-1	5-5-0-0	W1
Buffalo	45	19	21	3	2	112	134	43	11-9-3-2	8-12-0-0	2-6-1-1	L2
Montreal	45	17	20	2	6	116	123	42	8-9-2-4	9-12-0-1	4-5-0-1	W1
Carolina	47	16	24	4	3	123	154	39	11-11-0-3	5-13-4-0	4-5-0-1	L1
NY Islanders	43	16	21	4	2	103	134	38	10-11-3-0	6-10-1-2	5-5-0-0	L1
Tampa Bay	44	17	23	1	3	121	156	38	11-7-0-1	6-16-1-2	2-7-0-1	L7

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-St. Louis	45	27	12	1	5	116	94	60	19-3-1-2	8-9-0-3	6-2-1-1	W2
d-Vancouver	46	28	15	0	3	149	114	59	12-6-0-2	16-9-0-1	6-3-0-1	L1
d-San Jose	42	25	12	3	2	123	99	55	14-7-2-0	11-5-1-2	6-2-1-1	L1
Chicago	46	27	13	3	3	150	133	60	17-5-1-3	10-8-2-0	4-4-2-0	W1
Detroit	45	29	15	1	0	146	103	59	18-2-1-0	11-13-0-0	8-2-0-0	W3
Nashville	45	26	15	3	1	125	120	56	14-7-2-1	12-8-1-0	8-2-0-0	W5
Los Angeles	46	22	15	4	5	102	103	53	13-10-0-3	9-5-4-2	5-1-2-2	L1
Minnesota	45	22	16	2	5	105	113	51	12-6-1-2	10-10-1-3	2-6-0-2	L2
Colorado	47	24	21	2	0	120	134	50	13-11-0-0	11-10-2-0	5-4-1-0	L1
Dallas	44	24	19	0	1	120	126	49	13-8-0-1	11-11-0-0	4-6-0-0	L2
Phoenix	46	21	18	3	4	120	119	49	9-8-2-1	12-10-1-3	3-3-2-2	W1
Calgary	46	21	20	3	2	111	131	47	13-6-1-1	8-14-2-1	4-5-1-0	L1
Edmonton	44	17	23	1	3	114	127	38	11-7-1-2	6-16-0-1	2-7-1-0	W1
Anaheim	44	15	22	3	4	113	138	37	10-12-1-0	5-10-2-4	6-3-1-0	W2
Columbus	44	12	27	1	4	106	147	29	7-12-1-2	5-15-0-2	3-6-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Winnipeg 2 Ottawa 0
Boston 3 Florida 2 (SO)
Detroit 5 Buffalo 0
Nashville 3 N.Y. Islanders 1
Phoenix 6 Colorado 1
St. Louis 1 Dallas 0
Sunday's results
Montreal 4 N.Y. Rangers 1
Edmonton 2 Los Angeles 1 (OT)
Anaheim 4 Vancouver 2
Pittsburgh 6 Tampa Bay 3
Washington 2 Carolina 1
Chicago 4 San Jose 3
Tonight's games
All Times Eastern
Ottawa at Toronto, 7 p.m.
Winnipeg at New Jersey, 7 p.m.
Minnesota at Philadelphia, 7 p.m.
Carolina at Pittsburgh, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Edmonton at Columbus, 7 p.m.
Nashville at N.Y. Rangers, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Detroit at Dallas, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Calgary at San Jose, 10:30 p.m.
Wednesday Games
Washington at Montreal, 7:30 p.m.
Buffalo at Chicago, 7:30 p.m.
Florida at Colorado, 9:30 p.m.
Phoenix at Anaheim, 10 p.m.
Thursday Games
Minnesota at Toronto, 7 p.m.
Boston at New Jersey, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at St. Louis, 8 p.m.
Buffalo at Winnipeg, 8:30 p.m.
Detroit at Phoenix, 9 p.m.
Calgary at Los Angeles, 10:30 p.m.
Ottawa at San Jose, 10:30 p.m.

JETS 2, SENATORS 0

First Period
1. Winnipeg, Slater 8 (Thorburn) 0:49
Penalties — Kane Wpg (roughing), Stuart Wpg, Carkner Ott (fighting), Neil Ott (double roughing) 17:45.
Second Period
2. Winnipeg, Enstrom 2 (Wellwood, Ladd) 6:48
Penalty — Neil Ott (hooking) 7:23.
Third Period
No Scoring.
Penalties — Enstrom Wpg (interference) 3:23, Condra Ott (high-sticking) 8:01, Oduya Wpg (tripping) 19:41.

Shots

Winnipeg	13	12	10	35
Ottawa	3	8	14	25

Goal — Winnipeg: Mason (W,6-3-0); Ottawa: Anderson (L,23-13-4). **Power plays (goals-chances)** — Winnipeg: 0-3; Ottawa: 0-2.
Referees — Dean Morton, Marc Joannette.
Linesmen — Jonny Murray, Lonnie Cameron.
Attendance —19,927 (19,153) at Ottawa.

CALENDAR

Jan. 26-30 — All-Star break.
Jan. 29 — All-Star game, Ottawa.
Feb. 27 — Trade deadline, 3 p.m. ET.
March 12-14 — NHL general managers meeting, Boca Raton, Fla.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
MEN
Singles — First Round
Rafael Nadal (2), Spain, def. Alex Kuznetsov, U.S., 6-4, 6-1, 6-1.
Roger Federer (3), Switzerland, def. Alexander Kudryavtsev, Russia, 7-5, 6-2, 6-2.
Tomas Berdych (7), Czech Republic, def. Albert Ramos, Spain, 7-5, 4-6, 6-2, 6-3.
Mardy Fish (8), U.S., def. Gilles Muller, Luxembourg, 6-4, 6-4, 6-2.
Nicolas Almagro (10), Spain, def. Lukasz Kubot, Poland, 1-6, 7-5, 6-3, 7-5.
Juan Martin del Potro (11), Argentina, def. Adrian Mannarino, France, 2-6, 6-1, 7-5, 6-4.
Alexandr Dolgopolov (13), Ukraine, def. Greg Jones, Australia, 1-6, 4-6, 6-1, 6-1, 6-2.
John Isner (16), U.S., def. Benjamin Mitchell, Australia, 6-4, 6-4, 7-6 (1).
Feliciano Lopez (18), Spain, def. Leonardo Mayer, Argentina, 7-6 (5), 6-3, 7-6 (2).
Stanislas Wawrinka (21), Switzerland, def. Benoit Paire, France, 6-1, 6-1, 7-5.
Bernard Tomic, Australia, def. Fernando Verdasco (22), Spain, 4-6, 6-7 (3), 6-4, 6-2, 7-5.
Philipp Kohlschreiber, Germany, def. Juan Monaco (25), Argentina, 7-5, 4-6, 6-3, 6-7 (4), 6-0.
Lukas Lacko, Slovakia, def. Ivan Ljubicic (28), Croatia, 3-6, 4-6, 6-3, 6-4, 6-4.
Kevin Anderson (30), South Africa, def. Frederik Nielsen, Denmark, 6-1, 6-2, 6-4.
Ivo Karlovic, Croatia, def. Jurgen Melzer (31), Austria, 7-6 (3), 7-5, 6-3.
Blaz Kavcic, Slovenia, def. James Ward, Britain, 6-4, 6-3, 6-4.
Pere Riba, Spain, def. Albert Montanes, Spain, 7-6 (2), 2-6, 6-4, 7-6 (5).
Flavio Cipolla, Italy, def. Nikolay Davydenko, Russia, 6-4, 4-6, 3-6, 6-2, 6-1.
Tobias Kamke, Germany, def. Victor Hanescu, Romania, 6-2, 6-1, 6-2.
Sergiy Stakhovsky, Ukraine, def. Illya Marchenko, Ukraine, 6-3, 6-7 (9), 4-6, 6-3, 7-5.
Sam Querrey, U.S., def. Kenny de Schepper, France, 6-3, 6-2, 6-2.
Florent Serra, France, def. Steve Darcis, Belgium, 6-7 (3), 3-6, 5-4 (retired).
Olivier Rochus, Belgium, def. Bjorn Phau, Germany, 6-1, 6-4, 6-0.
Carlos Berlocq, Argentina, def. Jesse Huta Galung, Netherlands, 2-6, 6-3, 7-6 (3), 6-3.
Alejandro Falla, Colombia, def. Fabio Fognini, Italy, 6-3, 6-2, 3-6, 6-1.
Tommy Haas, Germany, def. Denis Kudla, U.S., 7-6 (5), 3-6, 6-0, 7-5.
Donald Young, U.S., def. Peter Gojowczyk, Germany, 6-1, 6-2, 4-6, 1-6, 6-2.
Marcos Baghdatis, Cyprus, def. Benjamin Becker, Germany, 6-1, 7-6 (5), 6-2.
Grigor Dimitrov, Bulgaria, def. Jeremy Chardy, France, 4-6, 6-3, 3-6, 6-4, 6-4.
David Nalbandian, Argentina, def. Jarkko Nieminen, Finland, 6-4, 4-2 (retired).
Yen-hsun Lu, Taiwan, def. Rik de Voest, South Africa, 6-4, 3-6, 6-1, 3-6, 6-3.
Andreas Beck, Germany, def. Eric Prodon, France, 6-4, 6-2, 4-6, 7-5.
WOMEN
Singles — First Round
Caroline Wozniacki (1), Denmark, def. Anastasia Rodionova, Australia, 6-2, 6-1.
Victoria Azarenka (3), Belarus, def. Heather Watson, Britain, 6-1, 6-0.
Li Na (5), China, def. Ksenia Pervak, Kazakhstan, 6-3, 6-1.
Agnieszka Radwanska (8), Poland, def. Bethanie Mattek-Sands, U.S., 6-7 (10), 6-4, 6-2.
Francesca Schiavone (10), Italy, def. Laura Pous, Spain, 6-1, 6-3.
Kim Clijsters (11), Belgium, def. Maria Joao Koehler, Portugal, 7-5, 6-1.
Jelena Jankovic (13), Serbia, def. Laura Robson, Britain, 6-2, 6-0.
Peng Shuai (16), China, def. Aravane Rezai, France, 6-3, 6-4.
Daniela Hantuchova (20), Slovakia, def. Varvara Lepchenko, U.S., 4-6, 6-3, 6-2.
Julia Goerges (22), Germany, def. Polona Hercog, Slovenia, 6-3, 7-6 (3).
Christina McHale, U.S., def. Lucie Safarova (24), Czech Republic, 6-2, 6-4.
Anabel Medina Garrigues (26), Spain, def. Eva Birnerova, Czech Republic, 6-3, 6-3.
Nina Bratchikova, Russia, def. Flavia Pennetta (19), Italy, 6-3, 1-6, 6-2.
Galina Voskoboeva, Kazakhstan, def. Yanina Wickmayer (28), Belgium, 7-5, 6-2.
Monica Niculescu (31), Romania, def. Alize Cornet, France, 5-7, 6-0, 6-3.
Petra Cetkovska (32), Czech Republic, def. Ayumi Morita, Japan, 3-6, 6-1, 7-5.
Casey Dellacqua, Australia, def. Bojana Jovanovski, Serbia, 6-3, 6-2.
Eleni Daniilidou, Greece, def. Kimiko Date-Krumm, Japan, 6-3, 6-2.
Lesia Tsurenko, Ukraine, def. Arantxa Rus, Netherlands, 7-6 (4), 6-1.
Paula Ormaechea, Argentina, def. Simona Halep, Romania, 6-1, 3-6, 7-5.
Romina Oprandi, Italy, def. Anastasiya Yakimova, Belarus, 6-4, 6-1.
Olga Govortsova, Belarus, def. Patricia Mayr-Achleitner, Austria, 6-2, 6-4.
Alberta Brianti, Italy, def. Irina Falconi, U.S., 6-2, 7-5.
Stephanie Foretz Gacon, France, def. Elena Baltacha, Britain, 6-2, 6-4.
Chang Kai-chen, Taiwan, def. Petra Martic, Croatia, 6-4, 6-2.
Tsvetana Pironkova, Bulgaria. def. Sania Mirza, India, 6-4, 6-2.
Anna Tatishvili, Georgia, def. Ashleigh Barty, Australia, 6-2, 7-6 (4).
Olivia Rogowska, Australia, def. Sofia Arvidsson, Sweden, 6-3, 6-1.
Mona Barthel, Germany, def. Anne Keothavong, Britain, 6-0 (retired).
Iveta Benesova, Czech Republic, def. Mathilde Johansson, France, 6-3, 2-6, 6-4.
Pauline Parmentier, France, def. Alla Kudryavtseva, Russia, 6-3, 5-7, 6-3.
Marina Erakovic, New Zealand, def. Irena Pavlovic, France, 7-5, 7-6 (4).

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Rochester	1	1	0	1.000	22	12	—
Buffalo	1	1	0	1.000	14	10	—
Philadelphia	1	0	1	.000	12	22	1
Toronto	2	0	2	.000	19	26	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	2	2	0	1.000	25	19	—
Colorado	1	1	0	1.000	20	14	½
Edmonton	0	0	0	.000	0	0	1
Minnesota	1	0	1	.000	14	20	1½
Washington	1	0	1	.000	10	13	1½

WEEK TWO
Saturday's results
Calgary 13 Washington 10
Buffalo 14 Toronto 10
Rochester 22 Philadelphia 12
Colorado 20 Minnesota 14
WEEK THREE
All Times Eastern
Friday's game
Colorado at Edmonton, 9 p.m.
Saturday's games
Washington at Philadelphia, 7 p.m.
Buffalo at Rochester, 7:30 p.m.
Colorado at Calgary, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	12	3	.800	—
d-Philadelphia	10	3	.769	1
d-Orlando	9	3	.750	1½
Indiana	9	3	.750	1½
Atlanta	10	4	.714	1½
Miami	8	4	.667	2½
Cleveland	6	6	.500	4½
New York	6	7	.462	5
Milwaukee	4	8	.333	6½
Boston	4	8	.333	6½
Toronto	4	10	.286	7½
Detroit	3	10	.231	8
New Jersey	3	11	.214	8½
Charlotte	3	11	.214	8½
Washington	1	12	.077	10

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	12	2	.857	—
d-L.A. Clippers	7	3	.700	3
d-San Antonio	9	4	.692	2½
Utah	8	4	.667	3
L.A. Lakers	9	5	.643	3
Portland	8	5	.615	3½
Denver	8	5	.615	3½
Dallas	8	5	.615	3½
Memphis	6	6	.500	5
Houston	6	7	.462	5½
Minnesota	5	8	.385	6½
Phoenix	4	8	.333	7
Golden State	4	8	.333	7
Sacramento	4	10	.286	8
New Orleans	3	10	.231	8½

d-division leaders ranked in top four positions.

Yesterday's results
Memphis 102 Chicago 86
Orlando 102 New York 93
Cleveland 102 Charlotte 94
Houston 114 Washington 106
Philadelphia 94 Milwaukee 82
Portland 84 New Orleans 77
L.A. Clippers 101 New Jersey 91
Atlanta 93 Toronto 84
Minnesota 99 Sacramento 86
Oklahoma City 97 Boston 88
Dallas at L.A. Lakers
Sunday's results
Golden State 99 Detroit 91
Utah 106 Denver 96
San Antonio 102 Phoenix 91

HAWKS 93, RAPTORS 84

TORONTO (84)
Butler 4-9 2-2 10, Davis 3-8 1-3 7, A.Johnson 5-9 3-5 13, Calderon 6-9 0-0 13, DeRozan 5-17 0-0 10, Kleiza 0-1 2-2 2, Barbosa 8-15 4-5 22, Magloire 1-2 0-1 2, Forbes 1-8 3-4 5. Totals 33-78 15-22 84.
ATLANTA (93)
Williams 0-5 5-6 5, Smith 13-19 2-4 28, Collins 0-1 0-0 0, Teague 5-13 2-4 13, Jo.Johnson 9-20 6-7 27, McGrady 0-0 0-0 0, Pachulia 0-0 6-6 6, I.Johnson 1-3 2-2 4, Pargo 0-1 0-0 0, Green 2-7 0-0 4, Radmanovic 2-2 1-2 6. Totals 32-71 24-31 93.

Toronto	18	27	26	13	84
Atlanta	26	24	23	20	93

3-Point Goals—Toronto 3-12 (Barbosa 2-3, Calderon 1-1, Forbes 0-1, Butler 0-3, DeRozan 0-4), Atlanta 5-13 (Jo.Johnson 3-8, Radmanovic 1-1, Teague 1-1, Green 0-1, Williams 0-2). Fouled Out—None. Rebounds—Toronto 52 (Davis 11), Atlanta 46 (Smith 15). Assists—Toronto 19 (Calderon 11), Atlanta 21 (Jo.Johnson, Teague 6). Total Fouls—Toronto 27, Atlanta 19. Technicals—DeRozan, Teague. A—11,050 (18,729).

Tonight's games
All Times Eastern
Golden State at Cleveland, 7 p.m.
Charlotte at Orlando, 7 p.m.
San Antonio at Miami, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Detroit at Houston, 8 p.m.
Denver at Milwaukee, 8 p.m.
L.A. Clippers at Utah, 9 p.m.
Tomorrow's games
San Antonio at Orlando, 7 p.m.
Oklahoma City at Washington, 7 p.m.
Denver at Philadelphia, 7 p.m.
Toronto at Boston, 7:30 p.m.
Golden State at New Jersey, 7:30 p.m.
Phoenix at New York, 7:30 p.m.
Memphis at New Orleans, 8 p.m.
Detroit at Minnesota, 8 p.m.
Portland at Atlanta, 8 p.m.
Indiana at Sacramento, 10 p.m.
Dallas at L.A. Clippers, 10:30 p.m.

NFL

PLAYOFFS

DIVISIONAL PLAYOFFS

Sunday's results
AFC — Baltimore 20 Houston 13
NFC — N.Y. Giants 37 Green Bay 20
Saturday's results
NFC — San Francisco 36 New Orleans 32
AFC — New England 45 Denver 10

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 22
All Times Eastern
Baltimore (13-4) at New England (14-3), 3 p.m.
N.Y. Giants (11-7) at San Francisco (14-3), 6:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	21	16	3	2	57	16	51
Manchester Utd	21	15	3	3	52	20	48
Tottenham	21	14	4	3	39	21	46
Chelsea	21	12	4	5	40	25	40
Arsenal	21	11	3	7	38	31	36
Newcastle	21	10	6	5	30	25	36
Liverpool	21	9	8	4	24	18	35
Stoke	21	8	6	7	22	31	30
Norwich	21	7	7	7	32	36	28
Swansea	21	6	8	7	23	25	26
Everton	21	7	4	10	21	25	25
Sunderland	21	6	6	9	27	24	24
Aston Villa	21	5	9	7	23	27	24
Fulham	21	5	8	8	23	29	23
West Brom	21	6	4	11	20	30	22
Wolverhampton	21	4	6	11	23	37	18
Blackburn	21	4	5	12	32	44	17
QPR	21	4	5	12	19	36	17
Bolton	21	5	1	15	25	46	16
Wigan	21	3	6	12	18	42	15

Yesterday's result
Wigan 0 Manchester City 1
Sunday's results
Newcastle 1 Queens Park Rangers 0
Swansea 3 Arsenal 2

ITALY

SERIE A

Yesterday's result
Napoli 1 Bologna 1

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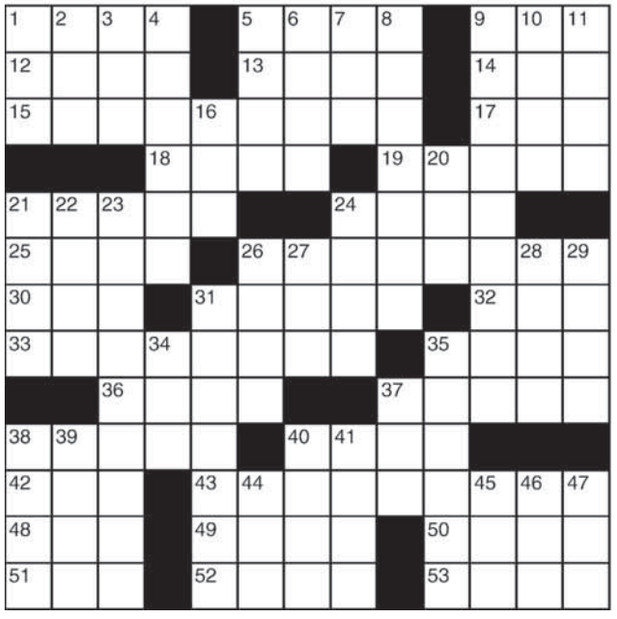
Crossword



Across

1 Help on the sly
5 Creche visitors
9 Sch. org.
12 Short skirt
13 Astringent
14 Rowing need
15 Quickly
17 Take to the slopes
18 Stretch vehicle
19 Played Hamlet, e.g.
21 Stares stupidly
24 Soon, in poetry
25 Crucifix
26 Some graduate courses
30 — and outs
31 Maximum
32 "The way" in China
33 Debris
35 Crazy
36 Stubborn beast
37 Dissolves
38 Sordid
40 Many millennia
42 Standard
43 Put off
48 Request
49 Operatic solo
50 Goodyear product
51 "Indeed"
52 Transaction
53 Verve

Down

1 Roadie's equipment
2 Life story, for short
3 Type measures
4 Like nobility, e.g.
5 Sir's partner
6 Too
7 Eviscerate
8 "This is no joke!"
9 Of the very, very young
10 Seize
11 Saharan
16 Man's possessive
20 Swindle
21 Puzzle diagram, e.g.
22 Highly rated
23 Mailing-date indicators
24 Writer Kingsley
26 Location
27 Ostrich's cousin
28 Huck's transport
29 Drunkards
31 Frog's perch, maybe
34 Piratic potation
35 Signify
37 Unruly hairdo
38 Fix, in a sense
39 Relaxation
40 Europe's neighbour
41 And others (Lat.)
44 Raw rock
45 Zero
46 Historic period
47 Lair

▶ Monday's answer

A	S	I	A	■	E	G	G	■	S	H	A	G
R	E	N	T	F	R	E	E	■	C	O	C	O
P	A	N	T	R	I	E	S	■	A	O	N	E
■	■	■	E	O	N	■	T	E	M	P	E	R
P	R	O	N	G	■	B	U	R	P	■	■	■
H	E	L	D	■	T	A	R	R	I	E	S	■
D	A	G	■	U	R	G	E	S	■	V	A	T
■	M	A	R	R	I	E	S	■	W	I	L	E
■	■	■	H	A	U	L	■	M	A	L	T	A
N	A	P	A	L	M	■	E	A	R	■	■	■
A	D	A	M	■	P	A	S	T	R	I	E	S
N	O	N	E	■	H	A	T	T	E	R	A	S
A	G	E	S	■	S	U	E	■	N	A	U	T

Sudoku

		4					5	7
	6	2		5	3			
7			9					
1		6	8		5			
	2						1	
			2		9	4		8
					6			1
			3	4		7	8	
2	3					9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

1	9	4	6	2	3	7	8	5
7	3	8	1	4	5	6	9	2
2	5	6	9	7	8	1	4	3
6	2	7	5	3	4	8	1	9
9	8	5	7	1	6	3	2	4
4	1	3	2	8	9	5	6	7
5	4	1	3	6	2	9	7	8
3	7	2	8	9	1	4	5	6
8	6	9	4	5	7	2	3	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

honey
if loving u is wrong i dont want to be right
FROM BEE

My girl
i will never be a socialite would want to be a socializee.
FROM ME

I'm sorry
I love you. I can't help it. Maybe something will help me out,
FROM I'M YOUR FRIEND

White shirt
Last Thur I was in DT hopefully to me you after an hour I saw you in the car of mercedes-benz with white shirt right or I was dreaming?
FROM ME

Ba
Yeah, I have classes everyday and I need to be protected or socialized even through this is a piece of cake for me.
FROM ME

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

♉ Taurus April 21-May 21
You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

♊ Gemini May 22-June 21
You've no doubt had your fill of upheavals of one sort or another and it won't be long before a more positive phase begins.

♋ Cancer June 22-July 22
You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

♌ Leo July 23-Aug.23
Worry less about your work and worry more about your relationships.

♍ Virgo Aug. 24- Sept. 22
However fast you happen to be moving you should slow down a bit over the next few days.

♎ Libra Sept. 23-Oct. 23
Life may have been tough of late but in a few days time you won't want to trade places with anyone.

♏ Scorpio Oct. 24-Nov. 22
You must speak up and tell the truth as you see it.

♐ Sagittarius Nov. 23-Dec. 21 Today it will pay you to keep a (very) low profile.

♑ Capricorn Dec. 22-Jan. 20
There's no excuse to give up on things that should have been finished by now.

♒ Aquarius Jan. 21-Feb. 18
Your ego needs stroking so get out there where you'll be seen.

♓ Pisces Feb. 19-March 20
Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you. SALLY BROMPTON

Caption contest

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KYODO NEWS/THE ASSOCIATED PRESS

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